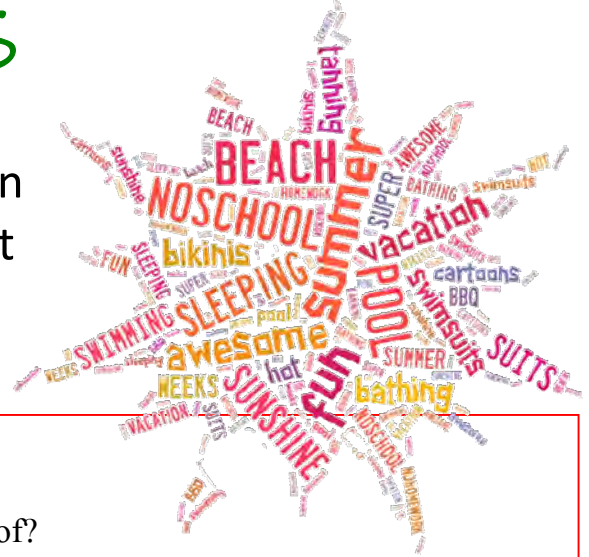


# Holidays



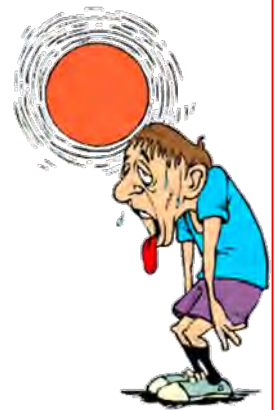
Six days you shall work, but on  
the seventh day you shall rest  
(Exodus 34:21)



## Timeout!

When you contemplate your holidays, what do you think of?

Are you looking to book a flight to foreign climes? Are you looking to laze on the beach all day and party by the pool all night? Would you rather go sight-seeing, travelling around Europe or even a road-trip in Canada, New Zealand or the States? Benidorm or Barbados? Either way you can look forward to long queues, early morning flights, at least 3 hours in a flying tin can with 200 other adventurers. Another hour searching frantically for your suitcase and the delight of 4 hours on a coach, stopping to drop off at every hotel on the way knowing yours is going to be the last one. You finally arrive, middle of the night, exhausted. You just about recover, before you reverse the arrival scenario, arriving home with sun-burn, tummy trouble and some bug you caught on the plane! But, hey! Do not let me put you off.



Maybe it is time to recapture the sense of the Holy Day as being a time of resting not roaming, of chilling not roasting, of having time to be, rather than somewhere to be. Just be. Just be still . . .

## Let us pray:

Jesus said to them, 'Come away to a deserted place all by yourselves and rest a while.' So they went away in the boat to a deserted place by themselves. (Mk 6:31)

Lord Jesus, help us to find rest in you.  
Help us to take 'sabbath' time weekly.  
May all our holidays be Holy Days.

We pray for all who find no rest or peace  
in their lives. Help us  
to help them to 'be  
still' and to know you.  
Amen



## Get Active:

It is not only human beings who need rest,

the whole of creation needs  
time out too. Lock downs  
changed many habits, including the desire  
to travel great distances for holidays. Why  
not try . . .

✿ Looking to holiday closer to home.

✿ Discovering your holiday carbon  
footprint and trying to reduce it. Remember  
the calculator is at

[www.climatestewards.org](http://www.climatestewards.org)

✿ Take up the discipline of taking time out  
with God every week.



## STATISTICAL SCAVENGER HUNT

### What you need:

a list of 20 questions

pencils

### What you do:

Divide players into small groups.

Give each group a list of 20 questions like these:

#### Add together:

The total number of miles travelled by each team member from home to church.

The number of flights the team has taken in their lives.

The number of cars each family owns.

#### Minus points for the following:

The number of times the group cycled this week.

The number of times in the last month the group has used the bus or train.

Your questions could focus on transport or address general environmental issues.



## WHAT'S ON THIS MONTH



Measuring and reducing our carbon footprints as individuals and churches

Carbon footprint = the amount of carbon dioxide emissions associated with all the activities of a particular individual, organisation or community.



**Climate Stewards** helps you to measure your carbon footprint across categories including flights, driving, public transport, home energy, food and household expenditure. You can look at ideas for reducing your footprint and then compensating for your unavoidable emissions (offsetting) in global community carbon projects. <https://www.climatestewards.org/>

**360Carbon** is an easy tool that allows you to work with others to calculate the carbon footprint of your church. It's free to use! Give yourself time to explore the website and decide how to set about the process. It's a good idea to start in January. <https://360carbon.org/>

You could contact Claire Boot, Synod Property Officer, for advice: [claire.boot.urcwailes@urc.org.uk](mailto:claire.boot.urcwailes@urc.org.uk)

### Could your church divest from fossil fuels and invest in clean alternatives?



**Operation Noah's Bright Now campaign** has seen churches across a number of denominations and networks make a commitment to divest from fossil fuels. (In October 2019 the Synod of Wales decided to end investments in fossil fuel companies).

<https://operationnoah.org/what-we-do/bright-now-our-divestment-campaign/>



This material was written, compiled and published by Eileen Newington (Synod Green Advocate), Judy Harris (Children and Youth Development Officer) Jason Askew (Training and Development Officer)